



Early Journal Content on JSTOR, Free to Anyone in the World

This article is one of nearly 500,000 scholarly works digitized and made freely available to everyone in the world by JSTOR.

Known as the Early Journal Content, this set of works include research articles, news, letters, and other writings published in more than 200 of the oldest leading academic journals. The works date from the mid-seventeenth to the early twentieth centuries.

We encourage people to read and share the Early Journal Content openly and to tell others that this resource exists. People may post this content online or redistribute in any way for non-commercial purposes.

Read more about Early Journal Content at <http://about.jstor.org/participate-jstor/individuals/early-journal-content>.

JSTOR is a digital library of academic journals, books, and primary source objects. JSTOR helps people discover, use, and build upon a wide range of content through a powerful research and teaching platform, and preserves this content for future generations. JSTOR is part of ITHAKA, a not-for-profit organization that also includes Ithaka S+R and Portico. For more information about JSTOR, please contact support@jstor.org.

MILK STATION WORK IN PITTSBURG

By LEONTINE CREMERIEUX

Graduate of the Medico-Chirurgical Hospital, Philadelphia

THE Pittsburgh and Allegheny Milk and Ice Association is doing wonderfully good work by supplying milk for babies, nursing mothers, expectant mothers, and the needy sick. There are nine stations, seven in charge of nurses furnished by the city—Misses Ott, Macpherson, Chatham, McCarthy, Frank, Smith, Mrs. Lynn—all graduates of Pittsburgh schools, who have passed satisfactory examinations required by the Board of Health. The salary is \$75.00 per month and car fare. The other two stations are in charge of Miss Martin, supported by the Milk and Ice Association, and myself, who am paid by the Bath and Wash House Association. The Milk and Ice Association furnishes all the milk and ice necessary at these stations. I am dispensing 132 quarts, 10 pints daily at the present time; 3674 quarts during the month of August. The stations in charge of city nurses are open for four months, beginning June 10, the others as long as needed.

Each nurse has a stated hour for dispensing the milk, after which she visits the families that receive it, giving instruction to the mother on the care of the babies. Many a family has more than one under three years old. The nurse also examines all infants under three years old who are reported ill, and advises the mothers to consult their family physician. If they have no family physician they are referred to the physician in charge of the clinic connected with each station. These clinics are held daily. The physicians are experienced in pediatrics and are giving their services gratis.

Mothers' meetings are held every two weeks at each station, every one being invited who is interested in the work. They are very well attended and appreciated by the mothers. Dr. Dranga, medical director of the Milk and Ice Association, talks on the care of the babies. The mothers are at liberty to ask about any problem they cannot solve,—bathing, regular feeding, care of bottles and nipples cannot be repeated too often. After the talk a little refreshment is served.

To each family receiving milk, ten pounds of ice is delivered daily to the home. The order is sent by the nurse, whose signature is the only one recognized by the Ice Company. The families that have not the convenience of an ice chest are taught to make one of a box, usually a soap box, and two tin pails. The box is interlined with small layers of paper, inside of which are placed the pails, one within the other; then from the outside of the outer pail to the interior of the lined box

it is tightly packed with paper or sawdust. This can also be used as a fireless cooker.

We find a few who do not wish to accept charity, wishing to pay a little. The following is the price list: milk, 5 cents a quart; modified milk, 2 cents a bottle; ice, 5 cents a week; nipples, 2 cents each; empty nursing bottles, 3 cents each. Modified milk is delivered in baskets holding the number of bottles, according to the feedings required. I never sell a nursing bottle without nipple, as they often wish me to do. A nipple is apt to do service a dozen times its value. When it falls to the floor it is often wiped on a dirty apron, then put on the bottle. When a bottle falls, this usually means another one.

Walker Gordon laboratories furnish all the milk used. A few mothers modify the milk after instruction; for the others we must have the milk prepared at the laboratory. The majority of the babies are starved either by the lack of food or improper nourishment. The mothers are not nourished. I have had a few cases under my care, where children between two and three years old are still nursing. When mothers are told not to nurse them their reply is, "I have nothing else to give." Pittsburg feels the financial depression more than any other locality. Many of the men of these homes make one dollar and a quarter a day, and work only three days a week. Some have had no work for two years.

Few realize the necessity of good pure milk, which does not need sterilization, which is in itself a well-balanced ration. We try to teach people its food value, and tell them it is the cheapest kind of food, compared to steak, which is considered highly nutritious but a one-sided diet. Milk is one-fourth as cheap as steak, but steak has not the nutritive value of milk. Milk is more digestible than most foods, because its constituents, excepting fats, are in a state of solution or semi-solution and fats are present in the form of minute globules held in suspension. In this state they are easily taken up and assimilated in the body. This renders milk easily digestible for children whose masticatory and digestive organs are not so efficient as those of a normal adult.

When we compare the cheapness and nutritive value of milk with other foods, we should induce the poor people to use good milk more often and not give bologna and such to their infants. When you tell them the above, they will say, "Milk no good in this country," which is not to be wondered at when many pay only 6 cents a quart, and have an idea this is all which can be had. One woman said to me, "I have been in this country eight years and I never tasted milk like this since I left the old country." In their own country they know the habits and language and can live, here they are huddled like sheep and follow their leader, who is not always honorable. One can appreciate this feeling when one has been in a strange country and does not know the language.